

Safekey

Newsletter

Winter 2009



Meet *Mary Killion*, who was assigned as the Leisure Activities Field Supervisor over Safekey upon the retirement of Ray Call. As a longtime city employee, Mary has supervised many operations in the Recreation Division, including the Aquatics Division, Doolittle Community Center, Veterans Memorial Leisure Services Center, Rafael Rivera Community Center, Stupak Community Center, West Community Center, Lied Community School, Clark Community School and Becker Community School. Additionally, Mary taught for more than 10 years in the school district and was an instructor at UNLV as well. Starting her career as a 16-year-old in the pools, Mary has seen many changes in the department through the years. A single mother of 11-year-old twin boys, she doesn't have a lot of spare time, but likes to read and spend time outside. She says, "Safekey represents all the things that we do best, kids and fun!"

Mellissia Fredriksen is the newest addition to the Safekey family as the Region 1 Recreation Leader. Mellissia has been with the city as a recreation leader since August 8, 2008. She previously worked in the recreation field for many years running the specialty summer camps at Veterans Memorial Leisure Services Center and teaching a wide array of recreation classes around town. Mellissia is a native Las Vegas. She is excited to begin this new chapter in her life and can't wait to see what this year will bring. 🌅

Safekey *Web Link*



You can now access pertinent information regarding Safekey on the City of Las Vegas web page. By going online to www.lasvegasnevada.gov/information/15893.htm, you can access information regarding FAQ, registration locations, Safekey sites, financial assistance, registration, parent handbooks, cash payment locations, the Safekey newsletter, Fit Kids Club contracts and much more. The page was developed to provide parents and participants a convenient source for Safekey information. 🌅



Payment Policy

Beginning August 25, 2008, the city of Las Vegas Department of Leisure Services embarked on a new payment policy for Safekey. Safekey only accepts on-site payments in the form of a check, debit card, money order or credit card. No cash payments are allowed to be taken on-site. The no-cash policy was initiated to ensure the safety of staff on site and patrons of the Safekey programs. Clients who wish to pay cash may do so at one of the approved cash payment sites. Lists of cash payment sites are available at your Safekey location. Payments must be made before the Friday preceding program attendance.

In addition to the new payment policy, an additional 25 safekey sites are now taking payment by computer using the CLASS registration system. The electronic registration system is able to credit participants' accounts immediately. Parents are asked to always accept a receipt for any registration transaction for their records. A fee may be charged for any account information that may need to be researched. Call 229-2526 or 229-3399 if you have any questions. 🌅



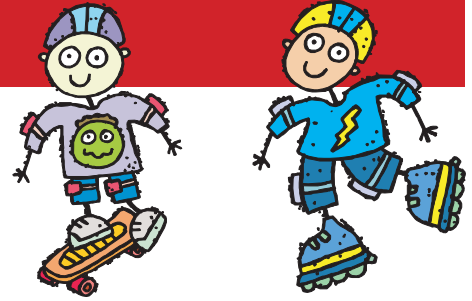
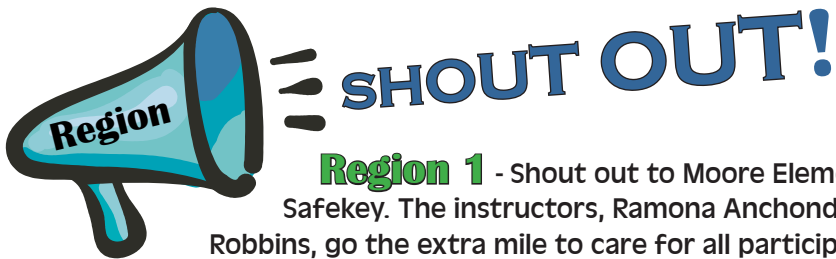
Financial Assistance, Employer Reimbursement Vouchers, and Scholarships

The City of Las Vegas Safekey Program accepts employer-issued child care assistance vouchers and the State of Nevada Division of Welfare and Supportive Services Child Care Development Program vouchers (formerly EOB). The acceptance of vouchers and scholarships is a service to the community and helps keep the program affordable for some families. Please follow instructions below if you wish to use any of the financial assistance methods listed.

Contact the State of Nevada Division of Welfare and Supportive Services, Child Care Development Program (formerly EOB) located at 2500 W. Washington Avenue or call (702) 387-0985 if more information is needed. 🌅

Contact your employer for any employer-issued child care assistance information.

Applications are no longer being accepted for financial assistance for the 2008-2009 school-year calendar for the Community Development Block Grant Scholarships (CDBG) program assistance. All available funds for the 2008-2009 school year calendar have been dispersed. All applicants that received the assistance were notified by mail. Applicants currently on the waiting list will be contacted if additional funds become available. 🌅



Region 1 - Shout out to Moore Elementary

Safekey. The instructors, Ramona Anchondo, Maria Chavez, Mirna Guterrez, and Walt Robbins, go the extra mile to care for all participants. Not only does the staff prepare for the day's activities by making sure every child is able to participate, they take great pride in executing their daily duties. Moore Safekey also deserves recognition for their hard work and creativity when planning the month's activities. The month of October kept the participants busy by hosting many different "spooky" activities. From making Marshmallow Frankenstein crafts, digging for skulls, and having pumpkin pie fun, they made October a memorable month for all! Thank you to Moore Safekey for going over and above. Keep up the GREAT work Moore Safekey! 🌅

Region 2 sends a shout out to Booker Safekey. Staff members, Essie Cleveland, Adrian Peeples, and Kinya Smith, take pride in running a terrific program. Their combined efforts help to provide an environment that encourages creativity, fitness, cognitive development and fun! The staff has taken the initiative to create personalized newsletters and calendars for the parents. Booker Safekey keeps participants motivated by planning and executing well-programmed activities daily. Keep up the good work Booker! 🌅

Region 3 is sending their shout out to Pittman Safekey. Shannon, the lead, organizes programs with outgoing activities and creative crafts, as well as a nice, friendly face to see every morning and afternoon. Grant, the sports man, referees the soccer games the children like to play in the mornings. He also leads activities with positive words and a playful energy. Alexis, the helper, (Shannon's right hand gal) helps with everything from planning games, organizing crafts, and also helping sub at another site in region 3. She's a great employee. The Pittman Staff makes Safekey fun and safe for all their participants. Keep up the great work Pittman. You Rock! 🌅

Region 5 sends a special shout out to the Eisenberg kids for "Lights on After School." The children performed a radio show program. The kids pretended they were on an actual radio show. It was a huge success. The bulletin boards are extremely creative in Region 5 this year. Kahre kids love putting on talent shows. Reed Safekey had a huge turnout at "Lights Out After-School." The parent participation was awesome. One last shout out from Region 5 goes to Parson staff, who have been doing many creative art projects. 🌅

Region 6 welcomes the new school in the neighborhood, O'Roarke Elementary School, located in the far Northwest area of Las Vegas. The participants are very engaged in our Fit Kids Club activities, such as a Hula Hooping contest, four-square tournaments and a variety of parachute games. The children were very involved in arts and crafts for the holiday season. Some of the crafts included fall wreaths, horn of plenty and many December crafts in recognition of the holiday season. 🌅



PROGRAM *Spotlight*



Spring Break and Summer Camps

Registration for camp activities begins on February 9. Spring camps are held at several City of Las Vegas facilities and include a wide variety of recreational activities. Registration for summer day camps will begin March 9. Summer day camps typically are held Monday-Friday from 7 a.m.-6 p.m.. Activities include field trips, crafts, games, sports, swimming, special events, tournaments and more. Specialty camps are also offered. The specialty camps offer specialized instruction for a variety of activities, are typically one week in duration, and offer some of the same amenities as regular day camps. All summer camps start the week of June 8. Summer Camp registration is \$65/week, and \$100/week for specialty camps. Call the Seasonal Camps office at 229-4168 for more information. Some scholarship assistance for camps is available on a limited basis. 🌅

Leagues, Classes and Everything Fun

Register now for spring sports leagues, classes, activities and special events at City of Las Vegas community centers and community schools. Try something new! Choose gymnastics, dance, music, martial arts, crafts, fitness, cheer, foreign language, or a different sport. See all the choices in the current Leisure Guide, available online at www.lasvegasnevada.gov/files/Leisure_Guide_Jan-May_2009.pdf. Check the map to find the center nearest you, or call 229-6729 for assistance. 🌅

Learn to Swim

For all you water lovers, winter swim has begun. Winter swim hours are available at Municipal Pool during the months of January-April. The Pavilion Center pool will undergo a renovation beginning January 2009. The pool will not be open during the construction period. Summer swim officially begins in May at limited pools. Summer swim usually has extended hours of operation and select sites may also be open for evening and late night swim as well as Sunday hours during summer swim time.

Can't swim but would like to learn? The City of Las Vegas pools are the place for you. Learn-to-swim courses are available for swimmers of all ages. Diving, synchronized swimming, water polo and water aerobics also are offered for the more advanced or adventurous. Morning and evening classes are available. Call 229-6309 for additional information and pool schedules. 🌅

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Safekey Unit

Fit Kids Club

Get Active Fitness, Sports, and Nutrition Program

Fit Kids started with a bang this year with nearly 95% of program participants pledging to participate in at least one Fit Kid activity a week and eat healthier foods. All of the Fit Kids contracts had not been tallied by the time the newsletter went to print, but it looks as if hundreds of you have pledged to be more fit and participate in at least 60 minutes of moderate play activities a day. You can get your 60 minutes of play easily. Did you know that walking to and from school is considered exercise? Even when you are playing at recess or lunch time, it is exercising! Any time you Get Up, Get Out and Get Moving counts towards your 60 minutes of play a day. 🌞

"Energy In" Tracker Log



The foods you eat give you the energy you need to play. It is okay to have special treats and fast food sometimes, but you should try to eat a balanced meal with fresh fruits and vegetables and healthy snacks between meals each day. Use the tracker below to track the types of food you eat each day for a month. 🌞

TRACKING YOUR "ENERGY IN"						
Make at least three healthy choices each day. Track at least five days per week!						
WEEK 1	I had GRAINS Group Food	I had VEGETABLES Group Food	I had FRUITS Group Food	I had MILK Group Food	I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

TRACKING YOUR "ENERGY IN"						
Make at least three healthy choices each day. Track at least five days per week!						
WEEK 2	I had GRAINS Group Food	I had VEGETABLES Group Food	I had FRUITS Group Food	I had MILK Group Food	I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

TRACKING YOUR "ENERGY IN"						
Make at least three healthy choices each day. Track at least five days per week!						
WEEK 3	I had GRAINS Group Food	I had VEGETABLES Group Food	I had FRUITS Group Food	I had MILK Group Food	I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

TRACKING YOUR "ENERGY IN"						
Make at least three healthy choices each day. Track at least five days per week!						
WEEK 4	I had GRAINS Group Food	I had VEGETABLES Group Food	I had FRUITS Group Food	I had MILK Group Food	I had MEAT/BEANS Group Food	TOTAL Number of Healthy Eating Choices Each Day
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

Can you figure it out?

Going Green!

Here's a little quiz for you?
What do you think it means
to "be green?"

- A. Eat more veggies
- B. Stop global warming
- C. Reduce, Reuse, Recycle
- D. Save energy
- E. Help protect the environment
- F. Don't know what it means

*Answer on
the last page.*

Healthy Winter Snacks

P	A	H	P	H	W	E	S	L	B	U	B	J
X	I	R	C	Y	U	T	M	A	Y	Y	A	R
W	I	S	Z	A	O	M	K	F	O	S	K	P
S	Y	E	T	R	N	E	M	G	J	Z	E	Y
A	D	X	R	A	D	I	U	U	R	I	D	X
L	D	A	L	C	C	R	P	W	S	W	A	L
M	C	S	H	R	T	H	O	S	Y	G	P	A
O	T	I	G	I	X	S	I	W	C	W	P	E
N	P	E	R	O	D	A	C	O	V	A	L	M
S	J	M	L	U	K	J	X	E	N	H	E	T
S	E	P	A	R	G	Z	R	O	O	U	S	A
D	K	V	J	D	Q	R	N	X	Z	G	T	O
B	A	N	A	N	A	S	G	I	U	L	W	S

AVOCADO
BANANAS
HUMMUS
SALMON

BAKED APPLES
CARROTS
OATMEAL
SPINACH

BAKED CHIPS
GRAPES
PISTACHIO NUTS
YOGURT

Kid-Friendly Recipe Homemade Applesauce

Here's what you will need to make it:

- | | |
|-----------------------|--------------------------------------|
| 8 apples | knife |
| 1/3 cup water | 2 quart microwave safe bowl with lid |
| 1/3 cup sugar | wooden spoon |
| 1/4 teaspoon cinnamon | oven mitts |
| cutting board | |

Here's what you have to do:

1. Be sure to wash your hands and check with a grown-up before you begin.
You'll be using a knife and a microwave for this recipe.
2. Peel, core and chop the apples into a 2 quart microwave safe bowl.
3. Add 1/3 cup water and put the lid on the bowl, but don't seal it.
This will allow steam to escape and keep your applesauce from exploding all over the microwave.
4. Microwave on high for 12 to 14 minutes. If you don't have a microwave that turns, stop the microwave and rotate the bowl every four minutes. Make sure you use oven mitts when moving the bowl of apples.
5. Once the apples are soft, mash them with a wooden spoon.
6. Stir in 1/3 cup of sugar and 1/4 teaspoon of cinnamon.
7. You can put your sauce in the fridge and eat it cold, or have it while it's still warm.
So, serve up your sauce with a spoon and a smile.

Resource pbskids.org/zoom



PARENTS! Submit a
Kid-Friendly Recipe today
via e-mail to
iwilliams@lasvegasnevada.gov.
It may be chosen for
our next newsletter!

Have Fun!

Game Time What Am I?

That is the question!

This game is for 3 or more players.

To set up this game, everyone writes names of objects on index cards.

Put the index cards face down on a table and mix them up.

Now put a loop of masking tape on each card.

The first player picks up a card and tapes it to his forehead without looking at it.

The player then has to figure out what is on the card by asking the other players questions.

The trick is that he can only ask questions that have a yes or no answer.



Giving Back Does a Body Good!

Since the last newsletter did you take the time to volunteer? The holidays are a wonderful time to volunteer. Volunteering helps you feel good about yourself inside. Volunteer projects should be done with the assistance of an adult. The winter is a perfect time to volunteer. Collecting blankets, coats, toiletries, sundries, and non-perishable foods are great ways to help others. 🌅

BIGGEST WINNER *Announced*

Congratulations go out to the following Safekey participants. They are the first quarter's Biggest Winners for each region. Each of the winners participated in games and activities at their Safekey site to make them more fit. The winners will receive a certificate for one free week of Safekey registration.

Region 1	Trey'voun W.	Earl
Region 2	Kiyami W.	Booker
Region 3	Marlena C.	Red Rock
Region 4	Assaray F.	Bryan
Region 5	Jackson W.	Allen
Region 6	Devin N.	Heckethorn

The following Biggest Winner Sites
will receive a special event.

Red Rock Safekey, East District
Allen Safekey, West District



Homework Hotline

What: Homework Hotline provides assistance to students who need help with their homework, especially math.

When: Homework Hotline is available Monday through Thursday until June 11, 2009. Telephone lines will be open 3:30-5:30 p.m., and some homework questions will be presented on television 4:00-5:00 p.m.

How: Students will be able to see those questions and solutions on Cox Cable Channel 96 or 111 at home.



Call 799-5111 for more information.

Safekey Staff Training

Nearly 200 Safekey staff attended training on November 4 when Safekey was not held due to the district's teacher in-service trainings. The training was organized to give staff additional tools and to reinvest in staff in order for them to better perform their job duties. Staff received additional training and program ideas for crafts and active games. Staff also received specialized training in registration, behavior modification/disability awareness and CPR certification. Morning and afternoon sessions were offered so staff could attend more than one training module. CPR is one of the most highly attended classes. All staff is required to maintain current CPR certification. During the first quarter of Safekey, Crisis Prevention Institute (CPI) training also was taught to staff. CPI is an international training module which teaches staff nonviolent crisis intervention tactics to modify behaviors. Additional staff training currently is scheduled for the next CCSD staff development day on Friday, January 23.

Not another staff development day?

If you find yourself making this statement, you are probably also wondering if Safekey is available on CCSD Staff Development days or Parent Teacher Conference days. For the most part, Safekey follows the CCSD school-year calendar. It depends on the availability of the school. Normally, the schools are utilizing all the space on staff development days. At times, Safekey is able to be offered at limited locations during these special days. A notice is usually distributed one week in advance. Minimum registration numbers must be met in order to offer these one-day camps. So stay aware of your school's schedule and call the East or West district offices for more information. 🌅

Employment Information

Safekey is always looking for qualified, creative and dynamic part-time staff to work with youth in our programs. Persons selected for employment for Safekey will have to pass a drug test and background checks. The cost of these procedures is \$52.10. You may access employment applications for Safekey positions at www.lasvegasnevada.gov/information/15893.htm.

Available Positions

Safekey

- Site Leader
- Site Assistants
- Cashiers
- Substitutes

Health Initiative

- Instructors

WE NEED YOU!

Figure it out

You may think because we are asking everyone to be more active, play and eat snacks that are good for you, like vegetables, that the answer would be A. Not so! If your answer was B, C, D or E, congratulations you are right. "Being green" means that you care about our planet and how we are taking care of it and how the production and use of some products affects our natural resources. If you didn't know what "being green" meant, it is okay. Now you do know what it means and you can do your part to help the planet also. You may already "be green" and didn't know it. Here are a few suggestions for "being green":

- Recycle
 - Plant a tree
 - Turn the lights out in an empty room
 - Make sure you turn your computer or games off when you go out and play.
- I'm sure you can think of many more things you can do to "be green."
Ask your family to help. 🌅

